



## Valentine's Day Recipes for Two: Healthy and delicious servings of love

*Lynn Hall*

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The following cookbook is designed to bring inspiration, romance, and flare to wow your date in a healthy manner. You will be given recipes for amazingly tasty meals that are not too extravagant to prepare. There are deliciously healthy foods that you can prepare with a little bit of romantic flare, waiting for you at your local grocery store. There is no need to hit up the expensive specialty food stores in order to prepare a healthy meal. Combine your two loves of good food and healthy fuel into a romantic dish that will tease your palate. This Valentine's Day Cookbook will not only serve as a nutritious interlude for your relationship, but also provide aphrodisiac substance to your holiday evening. In this cookbook you will be given recipes for:

1. Appetizing and Nutritious Starters
2. Delicious Main Course Meals
3. Tantalizing Desserts

As always, it is up to you to experiment with the ingredients to match your taste buds. If you like a recipe, but would prefer salmon to chicken, by all means substitute grilled salmon. If you switch from beef to poultry, be sure to switch your wine selection as well. Valentine's Day is all about happiness, romance, and love—if you love your mate and you love your food; this is the cookbook for you. Grab a bottle of your best champagne and start the night off with a toast to love and life!

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